

# BREATHE EASY TELFORD



January / February  
2017

[www.breatheeasytelford.btik.com](http://www.breatheeasytelford.btik.com)

## Winter Advice for People Living With COPD

- Check the weather before going out and older people are advised to stay indoors as much as possible to keep warm.
- Make sure you carry your medication with you at all times, as cold air can tighten the airways in lung disease patients making it harder to breathe.
- If you have a bronchodilator, use it half an hour before going outside. Try to breathe through your nose instead of your mouth as this will help warm the air.
- Protect your lungs by wearing a hood or scarf that covers your nose and mouth.
- Keep warm by wearing layers of clothing when it's cold.
- Wear warm nightclothes during very cold weather.
- The recommended temperature in the living room is 21°C (70°F), 18°C (64°F) in the bedroom.
- Keep your home well ventilated - air quality inside the home becomes more important in winter as most of us spend more time indoors.
- Try to stay as active as possible to generate heat - get up, move around and try to do some exercise.
- It is wise for patients with chronic lung conditions such as COPD or severe asthma to have the seasonal flu jab.

### Tombola at PRH Wednesday 29 March

Our next Tombola is March 29<sup>th</sup> at the Princess Royal Hospital, Telford, from 9am. Please bring all your unwanted Christmas presents, etc. to the next group meeting and to our February meeting. Donations are required, please give directly to Brenda Yarnold at the group meetings. Many thanks for your generosity & support.

### QUIZ NIGHT

Friday March 17<sup>th</sup> - 19:30 for 20:00 start  
Learning Centre at  
Telford AFC, Wellington

An evening of knowledge and fun,  
raising funds for our local group  
supporting those affected by  
lung disease and  
long term associated illnesses.

Raffle with prizes

Tea - Coffee - Licensed Bar  
Teams of 5 £2 a person  
Contact Mark Dillarstone or  
via the BLF call centre or  
through our website, to enter a team.



Breathe Easy Telford is a self-help group affiliated to the British Lung Foundation, dedicated to bringing together all those in our area affected by respiratory diseases, both patients and carers. Meetings are monthly, every fourth Thursday at Wellington Civic & Leisure Centre [Swimming Baths], Larkin Way, Tan Bank, Wellington, Telford TF1 1LX at 2.00 p.m. Please contact BLF Direct on 03000 030 555 for further information.





## St Georges Ladies Charity Darts Team Raise £130

Last November, St Georges Ladies Charity darts team raised £130 for the Breathe Easy Telford. Making the presentation to committee member, Linda Robinson (R) is Tracey Fox (L). Linda thanked everyone for all their support and kindness.

### Group Events

9 January	Pub Lunch – Wickets Inn, Wellington
26 January	Alison's Bee Class
6 February	Pub Lunch – Wickets Inn, Wellington
23 February	Dr Moudgil -Respiratory Consultant - PRH Telford
6 March	Pub Lunch – Wickets Inn, Wellington
23 March	Jeremy Bacon - BLF - Breathe Easy Manager
3 April	Pub Lunch – Wickets Inn, Wellington

## British Lung Foundation Helpline - 03000 030 555

Our helpline team is trained to give you information on any aspect of living with a lung condition. We'll lend you a caring ear when you need it.

We'll take the time to talk things through with you, and explore any social and practical difficulties you might have. You don't have to face living with a lung condition on your own

Calling us is free and always completely confidential. We're here for you whether you're affected by a lung condition - including families, friends and carers - or worried about your lung health.

What questions can we answer?

You can talk to us about anything - from how to manage your condition, to going on holiday.

Or just to say hello. Here are some of the things we've spoken to people about recently:

How to manage your condition

Information about specific conditions

Options about medication and treatments

What diet or exercise might be appropriate

Helping people to understand and accept their diagnosis

Learning how to manage flare-ups

How to arrange oxygen for holidays abroad

Welfare benefits that can be claimed.

We don't have access to your medical records, so you may need to go back to your health care team for answers to some questions. And we can't diagnose you or comment on the results of any test or investigations. If you have questions like this, you should talk to a local health care professional.

We're only trained to provide advice on the treatment and management of conditions in the UK.

How to get in touch - Call us on 03000 030 555.

We'll give you as much time as you need to talk about what's important to you. This means sometimes our lines might be busy when you call. If you can't get through, you can keep trying or leave us a message.

All calls cost no more than a local call from a landline or mobile and will be included in your call package.

We're available Monday to Friday, 9am - 5pm.

If you contact us outside of these hours, we'll get back to you as soon as we can. We'll try to answer the phone within 6 rings, but that might vary if we're busy.

We're closed on bank holidays and between Christmas and New Year, and we might occasionally be closed for short training periods to make sure we're offering you the best support possible.

We might record or monitor calls for training and evaluation, and unfortunately we can't return calls to numbers that bar withheld or anonymous numbers. © BLF



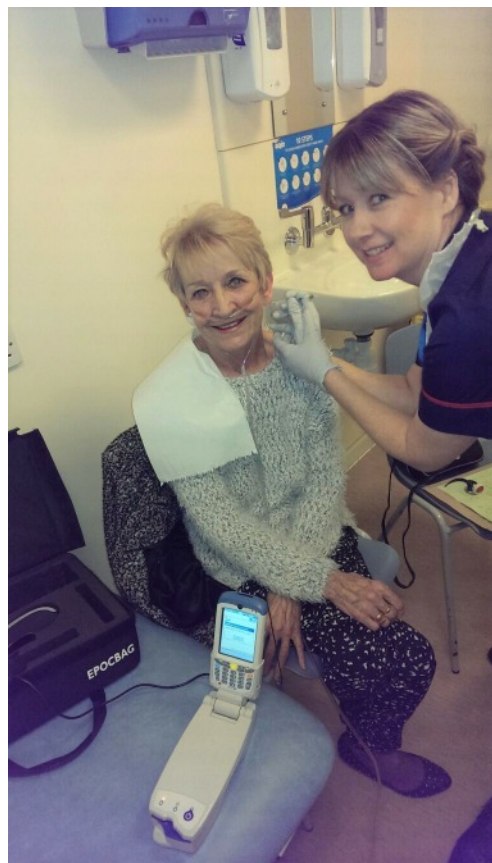
## Xmas Meal 2016 \_ Hadley Park House Hotel



Hadley Park House Hotel was the venue for our Christmas Meal. We were dining in a lovely airy room, in the new wing of the hotel. The room was adorned with tasteful Christmas decorations. We had good feedback on the day from all the tables. I would like to thank on behalf of the group Mary Evans, Brenda Yarnold and Mary Cook for arranging, the memorable afternoon. *Editor*



## The Portable Blood Gas Machine



Maureen Sanders (L) and  
Sarah Pezzioli (R)

Some of you have been asking about the blood gas machine that you very kindly fund raised and purchased last year for the Community Respiratory Team. It has been an invaluable piece of equipment for our team. It is used most weeks to monitor patients who receive oxygen therapy and are no longer able to attend the Cardio-Respiratory Department at the Princess Royal Hospital. The nurses are able to visit patients in their own home and take a small sample of blood from their ear lobe to ensure that they are receiving the correct amount of oxygen they require and make any necessary changes needed.

It is also used at some of the satellite clinics held at Bridgnorth so patients are able to have their oxygen levels checked before they see their consultant.

As a team we are so grateful that we have this piece of equipment. It has made it so much easier to be able to have an accurate analysis of these results and it means that patients are not only closely monitored but also safely monitored as well. Thank you on behalf of the team.  
*Sarah Paterson*



## Hadley & District Orpheus Male Choir Entertain us at our November Meeting.

This was a lovely afternoon with a large number of choir's members performing. A large turnout of members enjoyed it, along with tea, coffee and mince pies.

## Christmas Hampers Raise £480

We raffled four lovely hampers last month. **Chelssie's Hairdressers, Dawley raised £130.00.**

**The Vintage Tea Rooms, Oakengates raised £135.00. The Wickets, Wellington raised £114.00.**

**The St Georges Exercise Class, St Georges Cricket Club raised £101.00.** Mervyn Tuck, Linda Robinson and Brian Bennett who organised and liaised would like to say a big thank you to all the above organisations for hosting the hampers.

They would also like to thank all for the donations and for the fantastic support.

## 100 years of Music Concert - Telford Lions Promotion

Telford Lions are promoting a concert as part of their organisation's celebrations – 100 years of Music at 7.00p.m. The Place, Oakengates Thursday 6th April 2017. They are inviting local groups of senior citizens and carers to attend, tickets cost just £1 and admission costs will be returned to attendees via a free seat number raffle. Music will be provided by Jackfield Brass band and Shifnal Male Voice Choir.

Free tea, coffee and cakes will be served at the interval. We are going to apply for a block booking for this event after our group meeting on 26 January.